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MN970391. San Diego's Hospital Corps School Graduates Last  
Class

San Diego - When the Naval School of Health Science's  
(NSHS) Basic Hospital Corps School (BHCS) graduates its  
corpsmen on September 24, the last Sailors out will lock the  
door behind them.

In response to right-sizing the military and a review  
of inter-service training, BHCS will close and training for  
new corpsmen will be consolidated at the Naval Hospital  
Corps School (NHCS) in Great Lakes, IL.

BHCS San Diego has been training corpsmen since  
September 1, 1928. Over the years, student enrollment has  
been as high as 3,400 students during the peak of World War  
II to about 500 during peacetime.

The final graduation will include a closure ceremony  
that will be held at the Organ Pavilion in Balboa Park near  
Naval Medical Center San Diego at 10 a.m. on September 24.

NSHS's Commanding Officer CAPT Cynthia Perry, NC, hopes  
some of the school's past graduates will attend the  
ceremony.

"We extend an open invitation to all past graduates,"

said Perry. "It will help us close the chapter on this part of Navy Medicine's history."

One of the attendees will be HMCM(SW/AW) Gary Chapman, who is now NSHS's Command Master Chief and senior instructor at BHCS.

"I got my start (in the Navy) here 25 years ago," said Chapman. "It set my whole career in motion."

According to Chapman, 85 percent of the Navy Medicines' Command Master Chiefs got their start at BHCS.

"I think that speaks volumes about what this school meant to Navy Medicine," he said.

NSHS San Diego will continue providing advanced corpsmen training and will expand to train more Army, Air Force and Coast Guard enlisted medics. It will also become the center for training independent duty corpsmen.

By LCDR Richard G. Rockford, MSC, NSHS San Diego

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#### MN970392. SAM Is No Dummy

Bethesda, MD - Imagine an individual who never tires of medical students' pokes and prods and doesn't mind bright lights in his eyes. Imagine a fellow who will take a variety of medications over and over again to help students understand their impact on the human body.

This tireless, altruistic individual is SAM, which is short for Simulated Anesthesia Mannequin. But make no mistake, SAM is no dummy.

SAM teaches students at the Naval School of Health Sciences in Bethesda what to expect in his human counterparts when certain drugs are administered and light is used as a stimulant.

According to CDR Cynthia Cappella, NC, deputy director of the Nurse Corps anesthesia program, SAM has proven to be an extremely helpful teacher. The mannequin was initially purchased only for anesthesia training, but because of his human-like range of responses, SAM's job has since been expanded.

"We soon discovered that this simulator could be used to train many types of students, corpsmen through doctors," said Cappella.

SAM's reality-based biological responses enable instructors to teach students complex medical procedures, including cardio-pulmonary resuscitation (CPR) and reactions to certain drugs.

SAM Project Manager LCDR Annette Hasselbeck, NC, said that SAM has been a major plus for NSHS.

"The 'real time' quality of the mannequin provides a more realistic training experience for the student." By CDR Cheryl Austin, Bureau of Medicine and Surgery

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#### MN970393. Naples Holds Disaster Training

Naples, Italy - U.S. Naval Hospital Naples is required to hold drills twice a year to ensure the hospital's staff

is familiar with correct procedures in the event of a local disaster. Last month, the hospital set aside a day for such training.

Members of the hospital gathered in the hospital parking lot and held various types of training, most of it hands-on.

"The corpsmen manned several stations," said LCDR Rich Beaudoin, MSC, the hospital's contingency officer. "Among them were basic first aid and triage, a chemical suite drill, transportation and communication."

Arrangements were made so that all hospital personnel, with the exception of the emergency room staff, were involved in the training, as well as members from other commands.

"We enlisted the help of Naval Support Activity's (NSA) disaster preparedness (team) as well as the Red Cross, the family service center and other members of NSA who assisted with communications," Beaudoin said. "These people would be used in a real-life disaster situation, so it's important for them to be involved in the drills."

The hospital's next training session is scheduled for September 12, which will include a small number of volunteer personnel who will use special make-up known as moulage to simulate being wounded. These types of drills are now being conducted as often as once a month.

"This is to increase our ability to respond in the event of a disaster," Beaudoin said. "We're ready, and as a result of the training, we're a much better team. There's such a high turnover rate here, particularly with the single Sailors only here for two years. Because of that, consistent training is necessary."

By Chris Ingalls, NSA Naples

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MN970394. Bethesda Hosts Senior Fit Force Health Fair 2000

Bethesda, MD - National Naval Medical Center (NNMC)  
Bethesda will hold a Senior Fit Force 2000 health fair for retirees on Saturday, September 24.

The event will be held on the Uniformed Services University of the Health Sciences (USUHS) compound in Building C from 8 a.m. to 3 p.m. According to CAPT Judy Harris, NC, chair of the Naval Reserve Health Promotion Committee, which is co-sponsoring the event, the fair targets retired military beneficiaries and will include lectures, health screening, and other health information especially for seniors. Parking is available at NNMC with shuttle service to USUHS.

NNMC Bethesda's health promotions department and the Naval Reserve Health Promotion Committee co-sponsor the event annual.

For more information, contact CDR Rosey Lawrence, NC, at (301) 564-3759.

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MN970395. Fleet Hospital Operations Has New "Virtual" Address

Cyberspace - Fleet Hospital Operations and Training Command (FHOTC) has a new home, at least on the Internet.

Their new Homepage address is <truenorth.cmds.med.navy.mil/~fhotc/>

For more information, contact LCDR Daniel Walker, MSC, FHOTC, (760) 725-7138, DSN 365-7138.

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MN970396. New Master Chief Petty Officer of the Navy Announced

Washington, DC - MMCM (SS/SW/AW) James L. Herdt has been selected as the next Master Chief Petty Officer of the Navy, Chief of Naval Operations Jay L. Johnson announced recently.

"He has big shoes to fill coming behind Master Chief John Hagan, but I believe him to be the man to fill those shoes," said Admiral Johnson. "I know him to be a man of principle, a man of character and a man of great skill on the waterfront," he said. "He cares about Sailors as all of us do and I'm proud to put him forward as the next Master Chief Petty Officer of the Navy."

A Casper, WY native, Herdt entered the Navy in 1966 and has served on USS INDEPENDENCE (CV 62), USS WILL ROGERS (SSBN 659G), USS TEXAS (CGN 39) and USS CINCINNATI (SSN 693).

"On a personal level it means an opportunity to take the knowledge and experience I've gained in 28 years of active duty and put it to good use to make the Navy better; to make the Sailors' voices heard and to bring those voices to the CNO to enable him to make informed decisions on their lives," Herdt said.

Herdt's shore tours have included Nuclear Power Training Unit, Windsor, CT.; Radiological Repair Facility, New London, CT; and Naval Reserve Recruiter in Milwaukee. He attended the U.S. Army Sergeants Major Academy in 1986 and subsequently served as Chief of the Boat aboard USS SKIPJACK (SSN 585), Command Master Chief of Nuclear Field "A" school, Orlando, FL.; Command Master Chief of USS THEODORE ROOSEVELT (CVN 71); and Command Master Chief of Naval Training Center, Great Lakes, IL.

A graduate of the U.S. Navy Senior Enlisted Academy, Herdt also holds an Associates Degree in General Management from El Paso Community College, a Bachelors of Science in Liberal Studies from New York State University and a Masters of Business Administration with a concentration in Human Resources Management from Florida Institute of Technology. By JOC Cleve Hardman, Office of the Master Chief of the Navy

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MN970397. DOD Revises Web Policy Guidelines

Washington, DC - A new DOD policy sets guidelines for establishing and maintaining a publicly accessible DOD

information service on the Internet's World Wide Web.

The policy spells out what you can and can't do in the Internet information medium. It also says all DOD web sites must:

- Make information fully and readily available, consistent with legal requirements, unless its release would cause security problems;
- Provide a free flow of general and military information to service members and their families; and
- Not classify or otherwise withhold information to protect the government from embarrassment or criticism.

The policy requires DOD web sites to support provisions of the Freedom of Information Act in "letter and spirit."

"These are the same tenets that guide the DOD public information program worldwide," said Air Force Capt. Jim Knotts, deputy for technology integration, DOD public affairs.

According to Knotts, the policy memorandum is worth reading by every DOD user and must reading for information managers and web masters. It provides many dos and don't, including use of logos and other non-DOD graphics.

"Many DOD web sites display logos of recommended web browsers or document readers, and that's illegal," Knotts said. According to him, the three most common logos found on DOD web sites are for Netscape, Microsoft Internet Explorer and Adobe Acrobat. These should be displayed as text only.

A big issue for the Internet worldwide is privacy, and this memorandum addresses the issue with the intent of protecting customer privacy on DefenseLINK and other DoD web sites. The directive prohibits organizations from identifying individual users and their usage habits, such as other sites visited or e-mail addresses, except for authorized law enforcement investigations. The directive requires a Privacy and Security Act notice be published on every DOD web site warning users of the consequences of attempting to alter or erase information on the web site.

Recognizing that some organizations have legitimate reasons for gathering statistical data on web site visitors, the memorandum tells them how to inform users their visits are being recorded.

By Douglas J. Gillert, American Forces Press Service

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#### MN970398. TRICARE Question and Answer

Question: Since I retired from the Navy, I've been participating in TRICARE Standard most of the time. I've been considering seeking some of my care at a Military Treatment Facility (MTF). If I do get treatment there, do I have to pay for it?

Answer: No. There aren't any out-of-pocket costs for outpatient care received at MTFs. However, it is important to remember that TRICARE Prime enrollees will receive priority for care at MTFs before non-Prime enrolled

beneficiaries. That's true whether that enrollee is an active duty family member, retiree, or family member of a retiree - Prime enrollees have priority access.

Additional information on TRICARE is available on the Department of Defense (Health Affairs) Homepage on the World-Wide Web at <[www.ha.osd.mil](http://www.ha.osd.mil)>

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MN970399. Healthwatch: Consistent Exercise Reaps Benefits

As summer cools into autumn and leaves change color, continue on that exercise regimen you started.

And if you didn't start your exercise program, there is no time like the present to get started!

Exercise should not be a summer activity just to get into that swim suit. Exercise is good for you! It not only benefits the physical body, but also your mental and emotional health.

Being faithful to your workout routine you developed this summer - or to the one you're about to begin! - will change the way you see yourself and everything around you. It can be tough and can get quite frustrating at times, but remember your determination and dedication will definitely pay off.

There are many more benefits to working out than toning and losing weight. Check out the list below to see all you'll gain. Working out:

1. Builds self-confidence. Not only will you look better, you'll also increase your self-respect and improve your mental outlook.

2. Increases your creativity. Exercise increases the flow of oxygen, giving new energy. Tired minds become refreshed.

3. Increases your concentration. Breaking the everyday routine with exercise is one of the best ways to get a fresh start.

4. Improves ability to relax. Leisure activity will be more meaningful since you are feeling better about your body.

5. Reduces stress levels. You'll be more alert at work as well as at home and better able to tackle new challenges.

6. Stops worry. Whether it's money, job, the children, the house or something else, exercise clears the mind and reduces worry.

To reap these benefits, make a commitment to exercise daily as the season changes. You'll be glad you did.

By Stacey Russell, Well Street Journal

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail <[mednews@bms200.med.navy.mil](mailto:mednews@bms200.med.navy.mil)>, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.